

Mental Health and MarriagePosted by hashemyeracheim613 - 13 Oct 2020 20:55

Hi. I am 26 years old. I have been struggling with inappropriate content since I was in ninth grade. My well meaning father ironically got me an iPod touch as a reward for learning over the summer. After hearing my friends speak about things they had seen, I ventured into the forbidden territory. I tried stopping so many times. I made promises. I put on codes. I eventually smashed the iPod. But the Scourge always found a way back into my life. This wasn't the only front I was fighting though. I had a very low self image growing up. I felt out of place. My family was also semi-dysfunctional and I had a very difficult OTD brother. Then when I was in twelfth grade I started having obsessive thoughts about the craziest things. My self esteem plunged even lower. I was convinced that I was sick and totally beyond help. It was so frightening. I suffered alone until I got to Israel. I finally told a Rebbi what I was going through, and he referred me to a therapist. It took me about six months to even consider the possibility that I was normal, and another six months to get to a point that I was ready to move on to the next stage. I finally went home to start shidduchim. I was convinced that I would get married right away, put my past behind me, and start a beautiful new chapter in my life. After all I had been through, surely God was not going to let me suffer anymore. But my life started spiraling downward very quickly. Being home in a toxic environment brought me back exactly to where I was before therapy. The stress and anxiety of dating was also overwhelming. I went out with the first girl until she said no to me because of my family. I wasn't sure that I wanted to marry her, but I was heartbroken. My dreams of a happily ever after were broken. Then, at the advice of a relative, I moved out of my house. My parents were hurt, confused, and angry. I was filled with guilt. I felt homeless, and I became even more depressed and anxious. It came to a point that I couldn't bring myself to date anymore. I was bouncing around therapists, hoping that someone would fix me, but not believing that they could. I eventually found a therapist who managed to convey to me that the only way out is by accepting my situation, and taking responsibility for my own life. Slowly, I started getting control of my emotions. I began to realize who I am and what I'm capable of. I even started being happy with my life and not blaming God so much for my circumstances. I started dating again, which was a huge milestone. I still had never confronted my 'habit' head on though. I felt guilty about going out and also using the internet. I read some articles about internet usage, and I realized that my habit was really an addiction. I saw the negative effects it can have on a marriage. Studies also show that it's detrimental to mental health, by causing anxiety and depression. It's time to fix up my act. I want to be clean going into marriage. I want to feel good about myself when going on dates. I want to be the best me.

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Re: Mental Health and MarriagePosted by hashemyeracheim613 - 13 Apr 2021 01:03

It is amazing to be engaged, and I'm so grateful to be at this stage in life, but there are many challenges for me on a very personal level. I was always terrified of getting married. My mind would always jump to the worst case scenario of what could happen. These fears coupled with

having a girl in my life have made it very hard to stay clean. I had a long conversation with the Holy and Exalted Ish MiGrodno and he told me that marriage is an exercise in discipline. It seems that being a good husband and being there for your wife even during times when she is forbidden is not so simple. He then hurled some tough accusations at me. "You're not trying hard enough. You're not serious about changing. You have a defeatist attitude." Ouch. I appreciate his honesty though, and I know that he's doing this for my own good. He asked me to harness the power of GYE by posting and asking for feedback from the boys. So here goes. Ultimately, I would like to stay clean until my wedding. But to start off, I'm going to make a mini-goal of staying clean until Thursday. Honestly, for some reason, I love getting posts and views on my thread. It feels amazing to know that people are following my journey. So let's use that Yetzer Hara for the good. I'm going to make an effort to post my struggles, as well as my successes and wins on the forum. I'm asking you guys to make a big deal. Make some noise. Drink a L'chaim. And keep those posts coming in! Thank you everyone!

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Re: Mental Health and Marriage
Posted by Zedj - 13 Apr 2021 01:32

Wow! Great news!

Thank you for sharing it with us.... MAZEL TOV!

Keep up the good work and looking forward to you updating.

Wishing you much success on this very exciting milestone in your life and I hope all goes smoothly.

(Small reminder....keep it at one day at a time!)

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Re: Mental Health and Marriage
Posted by Sapy - 13 Apr 2021 01:54

I'm starting off with a lechaim for the shidduch... I'm seriously happy for you!

L'chaim!

P.S. I'm always in for l'chaims, just send in any darn reason I'll be there....

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Re: Mental Health and Marriage

Posted by HappyYid - 13 Apr 2021 02:07

[hashemyeracheim613 wrote on 13 Apr 2021 01:03:](#)

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I think we all like that too lol

Mazal tov!

May you build a bayis neeman byisroel and have a good healthy marriage!

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Re: Mental Health and Marriage

Posted by Lou - 13 Apr 2021 02:46

Mazal Tov! That is great news. Looking forward to hearing continued good news from you

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Re: Mental Health and Marriage

Posted by Gevura Shebyesod - 13 Apr 2021 03:34

Mazel Tov!!!!

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Re: Mental Health and Marriage

Posted by Hakolhevel - 13 Apr 2021 04:15

Mazal Tov! I've been following your thread since the beginning and I'm sincerely happy for you!

L'Chaim!

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Re: Mental Health and Marriage

Posted by Ish MiGrodno - 13 Apr 2021 05:10

[hashemyeracheim613 wrote on 13 Apr 2021 01:03:](#)

It is amazing to be engaged, and I'm so grateful to be at this stage in life, but there are many challenges for me on a very personal level. I was always terrified of getting married. My mind would always jump to the worst case scenario of what could happen. These fears coupled with having a girl in my life have made it very hard to stay clean. I had a long conversation with the Holy and Exalted Ish MiGrodno and he told me that marriage is an exercise in discipline. It seems that being a good husband and being there for your wife even during times when she is forbidden is not so simple. He then hurled some tough accusations at me. "You're not trying hard enough. You're not serious about changing. You have a defeatist attitude." Ouch. I appreciate his honesty though, and I know that he's doing this for my own good. He asked me to harness the power of GYE by posting and asking for feedback from the boys. So here goes. Ultimately, I would like to stay clean until my wedding. But to start off, I'm going to make a mini-goal of staying clean until Thursday. Honestly, for some reason, I love getting posts and views on my thread. It feels amazing to know that people are following my journey. So let's use that Yetzer Hara for the good. I'm going to make an effort to post my struggles, as well as my successes and wins on the forum. I'm asking you guys to make a big deal. Make some noise. Drink a L'chaim. And keep those posts coming in! Thank you everyone!

My Dear Friend,

I was harsh with you because I believe that you are mamash off-the-charts awesome. (Had I given up, I would have played softball with you)

And YOU are the one that is holy and exalted, as demonstrated by your most recent streak - which blows me away. I truly don't know how on earth you are staying clean given your tough challenges. But I believe that continuing to post here often (to keep us updated regarding your status) will provide you with the push / incentive to keep the momentum going.

?We love you, brother.

Seriously rooting (and drinking) from Grodno ~ IMG

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Re: Mental Health and Marriage

Posted by Hashem Help Me - 13 Apr 2021 11:32

Mazel tov tzaddik!! You are an awesome inspiration for the chevra. Keep it up and may Hashem shower you and the kallah with loads of bracha!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 13 Apr 2021 18:31

Thank you all for your amazing Brachos. Just letting everyone know that I was clean last night. I didn't even touch.

I was walking today in a busy Jewish shopping area and I noticed my eyes tracking every somewhat attractive female that I passed. I thought that after getting engaged to someone that I find is beautiful the Taavah would get easier. ??". But this is something all you married guys have been saying for centuries. It's just interesting to experience it firsthand.

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Re: Mental Health and Marriage
Posted by Changing - 13 Apr 2021 19:48

Your are a true inspiration and I'm so happy for you! Mazal Tov, Mazal Tov! May you be zoiche to build a Bayis Neeman Byisrael with only brochos and happy things!

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Re: Mental Health and Marriage
Posted by Onceandforall - 14 Apr 2021 18:21

Mazel Tov !!

read through your thread- very inspiring! I too am a chosson (after many many years of dating) and wanted to send/receive some chizzuk. BH I am clean over 100 days of not seeing any P (nor watching any media that is remotely triggering) and more recently clean of M for 30 days and counting.

My request is that we both daven for each other especially during the time of any urges and while we overcome them! This way we can both proudly walk to the chuppah knowing that our kallahs are getting the amazing guys that we both know we are and also so that while we dance down here, He is celebrating in shmayim in ways we can only dream of.

mazel Tov

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Re: Mental Health and Marriage
Posted by ihadstringsbutnowimfree - 14 Apr 2021 21:49

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Re: Mental Health and Marriage

Posted by Hakolhevel - 15 Apr 2021 00:22

[ihadstringsbutnowimfree wrote on 14 Apr 2021 21:49:](#)

Mazal tov hy613!

I have been dealing with this problem for around 10 years, and in the last few months have started therapy and attending 12 step group meetings.

I'm currently not dating, in large part due to my addiction. When I have a longer length of sobriety, I will (hopefully) resume dating, after consulting with daas torah and my therapist, etc. This is my choice for me, not saying anyone else should or shouldn't do this.

My question for you is: Did you disclose your "GYE-related problem" to your kallah? If so, at what stage of the process did you do so? And finally, if you did disclose, how did you go about doing that, and do you have any advice for others about how to go about doing that?

If you didn't, may I ask why not? I'm not looking to judge, I am looking for perspectives other than my own.

Welcome IHSBNIF to gye!

Warning: Spoiler!

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